

# LaRC SAFETY HIGHLIGHTS

April 30, 2001

FY 2001 - Civil Servants



( ) = Number of new occurrences

OSHA Recordable Cases = Fatalities, Lost Time and Incidents  
Incidents = Non first aid medical cases which have less than 8 hours lost time

## Injury/Mishap Information

- The Center has been **77** days **without** a Civil Servant **Lost Time Injury** (Record 251 days).
- The following first aid case involving a civil servant was reported:
  - An OHR employee sustained a back strain while moving a box containing an office printer. The employee was moving the printer from one office to another by picking up the box, placing it on an office chair, and pushing it to another room.



## Safety Topic of the Month - **Back Safety**:

- Proper lifting techniques and material handling are key elements in preventing back injuries on the job and in the home. To properly lift an object, get a firm footing, bend your knees, lift with your legs, keep the load close to your body, don't twist your body, and keep your back straight.
- When moving heavy materials using a hand cart, push the item instead of pulling to reduce the strain on your back and get assistance, if the load is too heavy.



- **Safety Posters** - A poster concerning **Back Safety** was distributed to Facility Coordinators and Facility Safety Heads on April 27, 2001, for posting in facilities during the month of May.



## Upcoming Training

- Forklift Training - Tuesday, May 8, 2001, 8:00-9:00 a.m., Building 1162, room 122.



- **Weekly Video Schedule** - April 30-May 4, 2001 - Minimizing Back Strain; Elevated Work Surfaces; Safety Hazards; Accident Causes and Prevention; and Gas Cylinders.

